1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

524 My master bought me, undressed me, cut off my head, and then as he was chopping me he felt sorry and started crying. (An onion.)

Food and Clothing

252 Since fuel is so scarce throughout most of the country, fire is used for cooking only when absolutely necessary. Many families still do their cooking in the open fireplace, but many more use small sheet-metal stoves. The [313] husband, when he has caught up on his other jobs, brings the fuel to the [492] house by donkey from the village forest or from some mountainside where [462] the holm-oak shrubs grow, but the wife may also help in this task from time to time.

[178] If she can, the wife persuades her husband to build a brick and mud stove, which raises the cooking surface high enough to avoid stooping. In fact, a good indication of progress in a Greek village home is the height of [415] the stove. Only a few kettles or pans exist where the fireplace is used for cooking, but metal casseroles are required for modern stoves with ovens. 264 Even in those homes where cooking arrangements border on the primitive, a meal is served on clean, white tablecloths, with napkins and whatever dishes and cutlery the family can afford.

262 The food varies considerably by geographical region and by season. But everywhere one finds, in the words of Dorothy Lee, that "traditionally, food [261] is not nutrition. Food is good, not good for you." [9] Therefore, when we describe the Greek diet as consisting of 2477 calories per day as compared 146 with the United States figure of 3129, we are talking nutrition, not food. 262 Or when we break these calories down according to their sources, as in Table 3, we are following a Western, not a Greek villager's, approach. No-

TABLE 3. SOURCES OF CALORIC INTAKE, GREECE AND UNITED STATES, 1948–49

Food group	Percentage of calories	
	Greece	United States
Cereals	61	25
Potatoes	2	3
Sugar and honey	4	15
Pulses and nuts	6	3
Vegetables and fruits	5	6
Meat, fish, and eggs	3	19
Dairy products	4	14
Oils and fats	15	15
	100	100

Source: Adapted from Leland G. Allbaugh, *Crete: A Case Study of an Underdeveloped Area* (Princeton, 1953), p. 132.

264 594 titbits, additional dishes, or special table arrangements. It is an occasion not to be treated lightly. Everyone down to the smallest child is present, and sits at the table throughout the meal. Everyone crosses himself at the beginning and the end of the meal. A blessing is called upon the meal, and absent members are remembered at this time. To quarrel at the table would be like "quarrelling in Church". Food is one aspect of this total situation, but it is not the entire end of the meal; and dinner is much more than food. Breakfast is not a meal but a light snack for individuals. The true family meal comes after [461 369] one's day's "work" is over. Where people work until 2 p.m. and then stop for the day, as in offices in Athens, there may be two family meals a day; but the family meal is usually the evening meal.

264 594 The meal is the supreme medium of hospitality. All hospitality involves the offer of some food—a spoonful of preserves, coffee, brandy, nuts, fresh fruit, according to locality and time of the year. The meal goes beyond this. Visitors helping to re-establish refugees in their devastated villages report that the peasants kill their only hen for them, and fill their pockets with the few nuts they have. To invite a friend to dinner and take him to a restaurant is an insult, even in Athens. Restaurants are for foreigners and those who ape their ways, and for those unfortunate travellers who have no relatives in the city. There are also eating places known as kitchens, where men who work too far from home can get a home-like meal. A group of friends on an outing or out for a dance may also eat together, incidentally, but this is a different matter.

146 261 855 Traditionally, food is not nutrition. Food is good, not good for you. In the cities there are at times articles published on nutrition. The mothers read maternal and child care manuals which mention and describe nutrition, and perhaps they read the book by Dr. Katsigra on Food and Life, which tells them that all Greek food recipes destroy food values and transform the food into poison. Very few other Greeks are aware of these writings, or mention such [369] things in conversation, however. In the cities where mothers have been taught to stress nutritional values, to feed their children by schedule, and to keep them from the social communion of the family meal, feeding problems are well-known; in the villages such problems are not reported. Children there are not urged to eat, and are not tempted with special foods: "Why should children not want to eat? Isn't food good?" If they do not like the eggplant dish particularly, there is always bread, and no one has ever heard of a child who does not like bread.

262 264 Greek meals are traditionally simple. There is always bread, and every mouthful of food must be eaten with a bite of bread. Greeks at foreign tables find it very difficult to face food, even potatoes and spaghetti, without the traditional mouthful of bread; apart from distaste, there is a feeling of guilt at eating food without bread. In the